

# Prepare yourself for the winter traveling and staying safe

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With the extreme cold weather here in Utah and across the county the weather can take a toll on a person and also on the road. When we travel or go outside we never think about how long we will be outside or on the road when traveling by ourselves or with family. Either it's in the winter or the summer we need to be prepared in our home and car.

It is important to know this information due to the quick changing weather. When you hear about the wind chill is not the actual temperature, but rather how wind and cold feel on exposed skin.

As the wind increases, heat is carried away from the body at an accelerated rate, driving down the body temperature. This may lead to frostbite and hypothermia. Infants and elderly people are more susceptible to hypothermia.

When traveling in state or out of state always have a plan and always tell someone where you are going and try not to travel alone. Watch the weather condition ahead of time and make sure your fuel in vehicle is filled and in good repaired condition.

If you go outside for any reason, dress for the season and expected conditions. Make sure that when you are traveling always check the road conditions ahead of time. Here are some tips that will help you and your family when traveling in case you get trapped in your car during a blizzard or your vehicle breaks down during a storm.

- Pull off the road, set hazard lights to flashing, and hang a distress flag from the radio aerial or window. Remain in your vehicle; rescuers are most likely to find you there.
- Conserve fuel, but run the engine and heater about ten minutes each hour to keep warm, cracking a downwind window slightly to prevent carbon monoxide poisoning. Exercise to maintain body heat but don't overexert. Huddle with other passengers and use your coat for a blanket.
- In extreme cold, use road maps, seat covers, floor mats, newspapers or extra clothing for covering--anything to provide additional insulation and warmth.
- Turn on the inside dome light so rescue teams can see you at night, but be careful not to run the battery down. In remote areas, spread a large cloth over the snow to attract the attention of rescue planes.

- Do not set out on foot unless you see a building close by where you know you can take shelter.
- Once the blizzard is over, you may need to leave the car and proceed on foot. Follow the road if possible. If you need to walk across open country, use distant points as landmarks to help maintain your sense of direction.

Here are some items that you might want in your car when traveling:

- A battery powered radio (with fresh batteries),
- Flash light and extra batteries
- Blankets
- Jumper cables
- Fire extinguisher (5 lb. A-B-C- type),
- First aid kit,
- Bottled water,
- Non perishable high energy foods like granola bars, raisins and peanut butter, and a shovel.